Susie Haygood

COOK BOOK

Business Woman's Circle

OF

The Baptist Church

ANDALUSIA, ALA.

1924

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of Andalusia

* * *

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* * *

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Loyal Support and Help, We Lovingly and Gratefully

Dedicate This Book

THE BUSINESS WOMAN'S CIRCLE,
BAPTIST CHURCH,
Andalusia, Ala.

MARY OLIVE HENDERSON, President,
ELEANOR PARKER, Chairman, Cook Book.

STAR PRINT, ANDALUSIA

TO THE PURCHASER:

Just for what the proceeds of the sale of this book will go has not been fully determined but you may be sure whatever it is it will be with the idea of making:—

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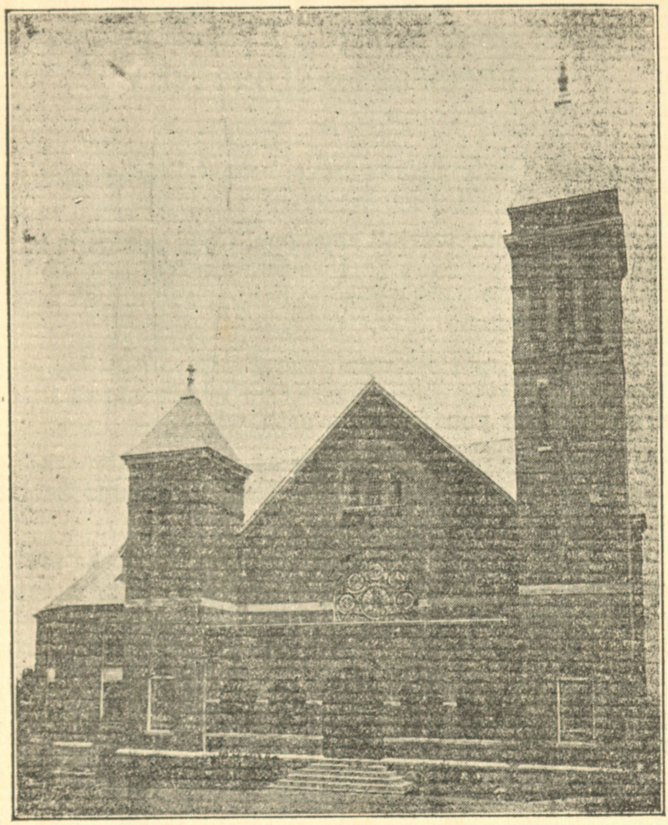

REGULAR SERVICES

Sunday School each Sunday morning at 9:45
Morning Worship each Sunday at 11:00
Mid-week Prayer Service:
Evening Worship each Sunday
Nov. 1st to March 1st at 7:00
March 1st to May 1st at 7:30
May 1st to Sept 1st at 8:00
Sept. 1st to Nov. 1st at 7:30
Observance of the Lord's Supper, each 3rd Sunday morning.

"I was glad when they said unto me, 'Let us go up unto the House of the Lord' ".

RECEIPES FOR LONGEVITY

Various Centenarians have been telling recently how to prolong life.

"Sing at your work," asys one. Good advice it is. For it implies two necessary factors in a fruitful life—industry, without which no person can be happy, and a task in which you can be joyous.

All the idling that wealth and leisure can devise fails to impart the exquisite satisfaction which comes in doing well something you feel is worth while.

But equally pat is the advice of another elder who says: "Rule your mind." "As a man thinketh," says Scripture, "So is he."

Train your mind to grapple serenely with the problems that arise; to give to them its best capacity, a capacity that will grow as muscles grow, with exercise; and to waste no energy in futile fretting, and you will go far.

Our worst handicaps are the troubles that never happen and the sand that we wilfully throw into our own ears.—Exchange

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CREAM, SUGAR
BACON
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CHEESE OMELET
COFFEE

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MINCED CHICKEN ON TOAST
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SPOON BREAD

NO. III.
STEWED PRUNES
CEREAL CREAM
SCRAMBLED EGGS
GRAHAM TOAST
COFFEE

NO. IV.
OATMEAL, CREAM, SUGAR,
BACON OMELET
MUFFINS
COFFEE

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SOUPS

OYSTER SOUP

Water
1 qt. Oysters.
3 table spoonsful butter.
3½ table spoonsful flour.
1-2 tea spoonful salt.
Paprika
Celery or Celery salt
1 Cup Cream

Clean, pick over, chop, and parboil oysters, drain, strain through cheese cloth and add to liquor enough water to make one quart of liquid. Brown Butter, add flour and pour on gradually, while stiring constantly, the oyster liquid. Let simmer 1-2 hour. Season with salt and pepper before serving.

—Mrs T. E. Henderson

CELERY SOUP

One cup chopped celery; boil in one quart beef broth till tender, salt and pepper; serve with crackers.

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SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and peper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

CHESTNUT STUFFING

This is a most delicious filling for the turkey. To prepare it as it should be, cut a pound of lean raw ham into dice, cover with water and simmer till tender. Meantime slit a quart of large chestnuts and peal them, then boil in salted water and press through a course seive. Mix with them the ham, one quarter cupful of butter, a tablespoonful of onion juice, a pint of fine bread crumbs, a tablespoonful of chopped parsley, with salt, celery salt, pepper and paprika and sweet marjoram to taste.

—Mrs. T· E. Henderson

PRESSED CHICKEN

Boil until done a fat hen. Separate the dark and light meat. Grind in a food chopper, the dark meat, season with pepper, pickle and celery seed. Grind light meat season with celery seed. Grind the whites and yellows of eight hard boiled eggs separately. Dissolve one envelope of gelative and add two cups of chicken stock. Add to this the juice of six lemons. Put dark meat in mould, add a little chicken stock mixture, then light meat, then yellow of eggs and lastly whites of eggs. Put chicken stock mixture between each layer. Serve on lettuce with mayonnaise This has to be highly seasoned or it will be tasteless.

—Ethel Darling Chapman

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FISH, MEXICAN STYLE

Put one tablespoonful of lard into pan in which you will cook fish. When smoking hot, place good large size Red Snapper fish into grease and lay over the top of fish, three slices bacon. Place in a very hot oven and let cook about ten minutes. Turn the fish over and let cook about twenty minutes. Have ready the Mexican Sauce made as follows: One can tomatoes, or fresh ones in season, one large onion, and one or more green sweet peppers all chipped up with tomatoes, and a small bit of garlic, season with salt and pepper. Pour over the fish and allow to cook for about thirty minutes longer. Have oven hot and do not allow the fish to simmer, cook rapidly.

—Mrs. W. M. Knox

CHICKEN GULASHE

(Hungarian Style)

Boil fowl in the usual way, when tender take out, remove the bones, and put bones back into the liquor, cook 30 minutes in cubes, (except the liver, heart and gizzard) put chicken in liquor. Add 1-2 can of tomatoes, or six whole ones, Six onions, salt, pepper. Speck of sugar and butter, stew until done. Have ready 1 doz. silces of buttered toast, pour over the toast in soup tureen. Serve while hot.

Splendid tor Luncheon.

—Mrs. T. E. Henderson

"SCALLOPED OYSTERS"

Wash two dozen large oysters, put a layer of cracker crumbs in bottom of baking dish, then a layer of oysters sprinkle pepper, salt and lumps of butter over oysters, Repeat until dish is full, cover top with cracker crumbs, butter and rich sweet milk. Bake in hot oven.

—Mrs. A· L. Rankin

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MEAT LOAF

2 lbs. of beef.
¼ lbs. fresh-pork.
1 cup bread crumbs
Salt, black pepper to taste
2 table spoons tomato catsup
1 egg

Put through the meat chopper, mix all ingredients well, shape into a loaf, place in baking pan and cover top with bread crumbs. Any seasoning can be used, such as onions, green peppers or celery.

—Mrs. Anna Riley

TO BAKE A HAM

Wash and soak over-night in cold water. Remove wipe dry, so it will hold the paste, mix flour and water to a very stiff paste, almost a dough. Cover the ham well with this about 1-4 inch thick, and pat dry flour over so you can handle. Place skin side down. Put into a baking pan and place in hot oven for 10 minutes, until dough hardens then reduce heat and cook in slow oven 30 minutes for every pound. Remove the flour, rub with brown sugar, cover with bread crumbs, and brown. Half ham may be cooked this way very nicely.

—Mrs. Anna Riley

FRIED OYSTERS

Use large oysters, place them in a collander and rinse with cold water. Roll in highly seasoned fine corn meal Let dry for ten minutes, dip in prepared egg and then roll in fine bread or cracker crumbs. Let dry and fry a few at the time in hot fat.

To prepare corn meal:
1 cup fine corn meal
2 teaspoons of salt
1 1-2 teaspoon of paprika. Sift three times.
To prepare egg dip
1 egg
Six tablespoons oyster liquid or water
1 tablespoon worcestershire sauce.
1 teaspoon of salt.
1 teaspoon paprika

—Mrs. A. C. Darling

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BEEF LOAF

Take two pounds of beef chopped fine and add eight large soda crackers rolled, one onion chopped fine, moisten with hot water, add one-half cup of sweet milk, one egg and a pinch of sugar, a piece of celery chopped, season with salt and pepper. Mix throughly, make into a loaf place in a baking pan with three strips of bacon, and a piece of butter, cook slowly an hour and one half. Serve with tomato sauce.

—Mrs. J. F. Carson

SWISS STEAK

Have a thick steak and pound one cup of flour into it. Then have a very hot skillet with beef fat, brown it quickly on both sides, then salt and pepper, cover with water and cook slowly for one hour.

—Mrs. T. M. Campbell

FIRELESS COOKER STEAK

Take round steak 2 1-2 inches thick season with salt 'and pepper and pound in all the flour the steak will take. Brown quickiy in a hot skillet with two tablespoons of lard. Remove the Fireless vessel previously heated. Add one small can of tomatoes, one onion sliced, cook for 1 1-2 hours between two hot disks.

—Mrs. J· P. Tilley

CHICKEN OR TURKEY DRESSING

4 cups stale bread crumbs soaked in hot fowl broth, add one small onion, salt and pepper to taste, lump of, butter let stand until cool then add 1-4 cup meal 1-4 cup of sweet milk, 1 teaspoon of lemon juice, 6 eggs and beat thoroughly. Pour in shallow pan sprinkle with shavings of butter and bake until brown.

—Mrs. C. A. O'Neal

BAKED SHAD

Most people are of the opinion that to bake a shad is the best way to cook it. When dressed ready for cooking stuff with a filling made of bread crumbs, salt, pepper, butter and parsley mixed with the well beaten yolk of one egg. Wrap with white tape. Pour over it a little water and bake as you would a fowl. Shad will require from one to one and half hours to bake, according to size. Garnish with lemon, water cress and etc.

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CREAMED CHICKEN

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Select a large chicken weighing six and one-half to seven pounds. Dress for cooking and place in preserving kettle with, 1 onion 1 clove, 2 branche of celery cut in small pieces, 2 1-2 quarts of boiling water. Cover closely and bring to a boil. Simmer slowly until tender and let cool in stock. Remove skin and cut meat in neat pieces, about one inch square. Place in a large saucepan, 1 quart of chicken stock, 3 4 cup flour. Stir to blend thoroughly and bring to a boil. Cook five minutes and add, 1 small onion and two small cans of pimentoes minced fine. 1 quart of celery cut in inch blocks and parboiled, 3 well beaten eggs, 1 table spoon of salt, 1 1 2 teaspoon of paprika, juice of two lemons. Serve on toast or in timbales.

—Mrs· A. C. Darling

SALMON CUTLETS

2 cupfuls cold flaked salmon (or 1 can)
1 cupful milk
1 teaspoonful lemon juice
1 teaspoonful salt
3 tablespoonfuls fat
1-8 teaspoonful pepper
4 tablespoonfuls flour

Make a white sauce of the milk, flour and fat, add the seasonings, then the salmon and lemon and chill. Form into the shape of cutlets, egg and crumb and fry in deep fat. Insert a piece of macaroni for the bone and finish with a paper frill. The sauce must be cooked until very thick. Be careful not to let it burn.

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PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cool place to harden. Turn from mould and garnish with sliced pineapple, cherries or grapes.

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BREADS

NUT BREAD

4 1-2 cups flour
1 cup chopped nut meats
1-4 cup sugar
2 cups sweet milk
2 teaspoons salt
4 teaspoons baking powder
3 tablespoons melted butter
2 eggs

Mix flour, sugar nut meats, salt and baking powder together dry. Beat eggs together well add milk and shortening, pour the liquid into the dry mixture, stir or beat until smooth. Pour into bread pans (two medium sized) fill pans full, let stand twenty minutes bake in moderate oven forty five minutes.

—Mrs. E. R. Smith

SHREDDED WHEAT BISCUIT FOR BREAKFAST

Warm the biscuit in the oven to resore crispness, don't burn, pour hot milk over it, dipping the milk over it until the shreds are swollen ; then pour a little cream over the top of the biscuit. Serve with cold milk or cream, according to individual taste.

RAISIN BREAD

1 cake compressed yeast, one cup luke warm water, one cup milk, scalded and cooled one tablespoon of sugar, six cups sifted flour, four tablespoonsful (level) lard or butter, three-fourths cup sugar, one or more cups raisins, one teaspoon salt. Dissolve yeast and one tablespoon sugar in lukewarm liquid, add two cups flour, the lard or butter and sugar well creamed and beat until smooth.. Cover and set aside to rise in warm place, free from draft, until light, about two hours. When well risen, add raisins, well floured, the rest of flour or enough to make moderately stiff dough. Make into loaves, fill well greased pans half full, cover and let rise until about double in size, about two to three hours. To glaze with egg white helps to keep from becoming dry in the baking. This quanitity makes two good size loaves and they should bake about forty-five minutes.

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BOSTON BROWN BREAD

1 cup rye meal or flour
1 cup granulated corn meal
1 cup graham flour
2 cup sour milk
3-4 teaspoon soda
1 1-2 teaspoons salt
3-4 cup molasses

Mix and sift dry ingredients add molasses and milk, stir until well mixed turn into a well-greased mold, cover closely and steam 3 1-2 hours. Fill the mold no more than 2-3 full and have water very nearly to top of molds.

—Mrs. J. A Keller

BISCUIT

1 quart flour
2 teaspoons baking powder
1-2 teaspoons soda according to milk
1 large cook spoon of lard.
2 cups butter milk
1-2 teaspoon salt

Knead well roll out to 1-2 inch thick. Cut with small cutter bake, in very hot oven.

BREAD STICKS

2 eggs
3 cups buttermilk
1 teaspoons baking powder
1-2 teaspoon soda
3 cups sifted meal
1-2 teaspoon salt

Mix other ingredients first and put eggs in last. Put in hot greased bread stick irons and cook in hot oven.

MAJESTIC BISCUIT

One quart flour, two teaspoons baking powder, two scant teaspoons sugar, salt spoon of salt. Sift all above together making sure it is well mixed. Then mix well with above, one heaping tablespoon lard using knife or spoon, add one half pint sweet milk and stir in lightly. Knead with the hands just enough to prepare for rolling and cutting. Roll thin, cut with small biscuit cutter and bake quickly and serve hot . Will serve about ten persons

—Mary Olive Henderson

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SPOON BREAD

Put on to boil one quart sweet milk. When it begins to boil stir in rapidly one pint corn meal. Take from the fire and add salt, butter size of egg and when sufficiently cool add four well beaten eggs. Put in a buttered dish or pan and bake to a nice brown. Serve hot with a spoon.

STEAMED BREAD

2 cups oat meal
2 cups cornmeal
1 cup whole flour
1 cup molasses
2 cups sweet milk
1 teaspoon soda
2 teaspoons baking powder
1 teaspoon salt

Grease 4 baking powder cans. Fill half full. Steam 3 hours. Nuts, raisins or dates may be added if desired.

—Mrs. Gordon L. Wood

ONE-EGG WAFFLES

(For a family of four)

1 1-2 cups flour
1 teaspoon baking powder
12 teaspoon of salt
1 3-4 cups milk
1 egg
2 tablespoons melted butter

Mix the dry ingredients; add the milk slowly, then the egg, well beaten, and the melted butter. Beat the batter for sveral minutes, then put into hot waffle irons, browning both sides carefully.

—Mrs. R. T. Shreve

CURRANT MUFFINS

Cream 1-2 cup butter and gradually add one cup sugar, beat two eggs and one egg yolk until very light, then add to butter and sugar. Wash one cup currants (seedless raisins may be used) and mix with two table spoons flour taken from a prepared measure of two cups flour. Stir currants into creamed mixture and then add alternately the rest of the flour, sifted with three tea spoons baking powder, and one-half cup milk. Beat well and bake for twenty five minutes in buttered muffin tins.

—Mrs. M. J. Fletcher

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SWEET MUFFINS

1 small cup sugar
1 egg
1 teaspoon melted butter
1 pint sweet milk
3 cups flour
2 teaspoons baking powder
1 teaspoon salt

Mix and sift dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin pans.

—Mrs. Georgia Searcy

TEA ROLLS

1 cake Fleishman's yeast
1 teaspoon sugar
1 cup cold water
2 teaspoons melted lard
1-2 cup scalded milk
Flour

Dissolve yeast with sugar, add melted lard, then milk and water. Add salt to flour and make into firm dough Roll, and cut butter and fold over. Let rise about 2 1-2 hrs. Bake in quick oven. Makes about thirty small rolls.

—Mrs. E. D. Loraine

WAFFLES

1 egg
1 scant cup flour
1 1-2 teaspoon baking powder
1 tablespoon melted butter
1-2 teaspoon salt
1-2 cup milk

Mix dry ingredients and add milk, yolks of egg well beaten and then the butter. Beat well and add stiff whites. Cook on hot irons and serve at once. This makes three wafles.

—Mrs. T. Baron Gibson

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OATMEAL MUFFINS

2 cups rolled oats
1 1-2 cups sour milk
1 cup flour
1-2 cup (or less) sugar
2 eggs well beaten
1 teaspoon soda
1 teaspoon salt

Soak oats overnight in sour milk. In morning add rest of ingredients and beat well. Drop by spoonfuls in well greased muffin tins and bake in moderate oven thirty minutes. This amount makes twelve muffins.

—Mrs. J. A. Keller

MY FAVORITE NUT BREAD

1 egg
1 cup sugar
1 1-2 cups sweet milk
4 cups flour (2 whole wheat and 2 white)
3 heaping teaspoons baking powder
1 teaspoon salt
1 cup nuts

Mix in order given. Let rise 30 minutes, bake slowly for one hour.

—Mrs. R. N. McLeod

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DINNER ROLLS

1 cake Fleischman's yeast
1 cup luke-warm water
3 cups sweet milk (scalded and cooled)
2 level teaspoons salt
1-2 cup sugar
3-4 cup melted lard
Whites of 2 eggs

Dissolve yeast in warm water, add scalded milk, after it cools then add enough flour to make a soft batter and let rise until puffy. Then add to this batter, lard sugar, salt, whites of two eggs and flour enough to make dough and knead twenty minutes. Let rise twice its size then make into rolls and let them rise and bake in quick oven.

—Mrs. C. R. Russell

QUICK LIGHT ROLLS

1 cake of Fleischman's yeast
1 cup of lukewarm water
1 heaping tablespoon sugar
1-2 teaspoon salt
1-2 cup sweet milk (scalded and cooled)
2 tablespoons melted lard
About 4 cups flour

Sift half of flour in bowl. Dissolve yeast in cup warm water and add sugar and scalded milk. Work lard into flour add salt and yeast mixture and beat until smooth and light, adding enough flour to make dough easy to handle without sticking and knead about twenty miutes. Mold into rolls, put into greased pans and keep in warm place until twice their size. Bake in quick oven.

—Mrs. C. R. Russell

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Salads, Salad Dressing, Sandwiches and Cocktails

NEW MANHATTAN SALAD

Dissolve a package of Lemon Jell-O in a pint of boiling water and two tablespoonfuls vinegar. While it is cooling chop one cup of tart apples, one cup of English walnuts, one cup of celery, and season with salt. Mix these ingredient moulds, and serve with mayonnaise or French dressing crisp lettuce, garnished with pimentos or radishes.

GRAND FROZEN FRUIT SALAD

1 envelop of gelatine
1-2 cup of cold water
1 cup boiling water
1-2 cup sugar
1 teaspoonful of lemon acid in gelatine package.
1 teaspoonful salt
1 pint whipped cream
1 cup cooked dressing
1 can cherries
1 can pineapple
3 oranges
3 bananas
12 marshmellows

Mix and freeze or pack in salt and ice mould. Serve with mayonnaise.

Ethel Darling Chapman

IRISH POTATOE SALAD

Boil the potatoes so they will be firm and not mealy. To four cups potatoes, diced, add two cups celery and generous amount highly seasoned mayonaise, a little onion that has been sliced thin and soaked in cold water, onehalf can pimentos. Decorate the top with strips of pimento. Be sure the salad has enough salt and is highly seasoned.

—Mrs. C. M. Reilly

CELERY CHEESE SALAD

6 large sticks celery
1 small cream cheese
2 tablespoonfuls chopped walnut meats
French dressing
Salt and pepper
2 tablespoonfuls minced green pepper
1 teaspoonful thin cream
French endive

Wash and crisp the celery sticks. Fill the groove in each stick with a mixture made by combining the cream cheese, chopped walnut meats minced green pepper, the cream and salt and pepper to taste. Smooth the edges of the filled celery sticks, chill thoroughly and then cut the sticks into one inch lengths. Arrange on individual servings of endive and serve with French dressing. The prepared sticks can be kept several hours on ice.

GREEN PEA SALAD

One can of green peas, 1-2 lb, grated cheese, chop 12 sour pickles, chop one can of permentos, 1-2 teaspoon salt. Mix with mayonnaise and serve in green peppers.

—Mrs. J. F. Carson

Pineapple Salad

Two tablespoons gelatine, juice one lemon, one-fourth cup cold water, three oranges, one fourth cup sugar, one-fourth teaspoon salt, one can crushed pineapple. Soak the gelatine in the cold water. Drain all the syrup from the pineapple, which will be about one cupful. Put syrup into pan and bring to boiling point, add gelatine, stirring until dissolved. Add the sugar, salt and lemon juice and cool. Cut oranges into small pieces and mix with the pineapple. Add this to the liquid and pour into mold. When firm serve with mayonaise on lettuce leaves.

—Mrs. H. J. Brogden

COOKED MAYONAISE

Yolks two eggs ,one tablespoonful sugar, heaping teaspoonful flour, one level teaspoonful each mustard, salt and white pepper, butter size of an egg, one-half cup sweet cream, one cup vinegar. Cream together the butter, sugar and flour, add well beaten yolks, then other ingredients. Cook until thick as cream, stirring constantly. When nearly cold beat in an additional cup of vinegar.

FRENCH DRESSING

One tablespoon vinegar, three of olive oil, one spoon of salt and one of pepper.

—French Cook

FAVORITE DRESSING

Take yolk of hard boiled egg, rub it through sieve and put into a bowl with the yolk of raw egg, salt, pepper and teaspoon of prepared mustard; stir one way with a wooden spoon, adding slowly and alternately one gill olive oil and two tablespoon vinegar. Finish with a tablespoonful of chopped herbs, parsley, celery tops and chives.

—Delmonico's

FRENCH DRESSING

Put one tablespoonful lemon juice or vinegar, one-half teaspoon salt, one-eight teaspoon pepper or few grains cayenne into a bowl. Add three tablespoons oil, beating constantly. Serve very cold.

RUSSIAN DRESSING

To one cup any good mayonaise, add two teaspoons chili sauce, one can pimentos chopped fine, and if desired a dash of grated cheese.

CHRISTMAS SALAD

Pare and chill six medium sized tomatoes. When ready to serve cut in eight (not serving sections) and open like the petals of a poinsettia on a nest of lettuce leaves, mash a cream cheese moisten with salad dressing, and make into tiny balls about the size of a pea. Place eight cheese balls in center of each tomato. Serve with French dressing.

—Mrs. W. M. Blair

TUNA FISH SANDWICHES

1 can tuna fish
4 hard boiled eggs
1-2 bottle whole sweet pickles
Mayonaise

Grind tuna fish ,eggs and pickles. Mix with mayonaise and vinegar from pickles, salt to taste then spread on the bread

—Mrs. Henry D. Smith

CELERY CHEESE SALAD

6 large sticks of celery
1 small cream cheese
2 tablespoonsful chopped nuts
Salt
French dressing
Pepper
2 tablespoonsful minced green pepper
1 teaspoonful of thin cream
Lettuce

Wash and crisp the celery sticks, fill the groove in each stick with mixture made by combining the cream cheese, chopped nuts, minced green peppers, cream, salt and pepper. Chill thoroughly. Cut in inch lengths and serve on lettuce.

CREAM DRESSING

1 cup of vinegar
1 cup sweet or sour cream
1-2 teaspoonful of salt
1-2 teaspoonful of mustard
1-4 cup of sugar
1-4 cup of butter
3 eggs, well beaten

Cream together butter and sugar, add seasonings then eggs and cream. Blend thoroughly. Cook in double boiler. When mixture begins to thicken add hot vinegar a few drops at the time. Beat constantly until mixture is the consistency of mayonnaise.

—Mrs. A. C. Darling

CREAM CHEESE AND PEPPER SALAD

Mash a cream cheese to a paste,add three tablespoons chopped black walnuts, two tablespoons each diced pineapple and quartered malaga grapes, three tablespoons chopped Marichino cherries. Moisten with Mayonaise dressing and pack into halved green peppers from which the seeds and membranes have been removed, chill on ice and serve cut in slices and lay on crisp lettuce leaves.

—Mrs. R. N. McLeod

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LETTUCE COCKTAIL

4 tablespoons catsup
1 crisp head of lettuce
2 tablespoons Olive oil
2 tablespoons worcestshire sauce.
4 hard boiled eggs
4 tablespoons vinegar
3 tablespoons sugar

4 small onions and salt to taste. Cut lettuce, eggs and onions. Mix oil and other ingredients for sauce. Serve very cold in cocktail glasses.

—Mrs. T. M. Campbell

SUGGESTIONS FOR SANDWICH FILLING

Baked beans mashed and mixed with salad dressing.

Flaked salmon with chopped cucumber (drain carefully) seasonings and salad dressing.

Minced celery, chopped pineapple, seasonings, and cooked dressing.

Chopped nuts with jelly or banana-pulp, scraped. One banana to 1-4 cupful nuts.

Prune or apricot pulp, lemon juice, and chopped nuts or raisins.

Hard cooked eggs chopped fine, seasoned with salt, pepper and a speck of mustard, oil and vinegar, and finely minced green or red pepper.

Cream cheese seasoned with finely chopped nuts.

Orange marmalade or jellies.

Preserved ginger, chopped nuts, lemon juice and syrup from the ginger to moisten.

CHERRY COCKTAIL

This may be made of red or white canned cherries. Stone the cherries and drain from liquid. If very sweet, add lemon juice enough to give a tart taste. Chill in the ice-box. Serve in high glasses and sprinkle with shredded coconut. Grapefruit may be combined with the cherries if desired.

#3-384-128

GRAPE AND PECAN SALAD

Dip white grapes into water that has just stopped boiling for one-half minute; plunge into cold water. Skin, make a tiny opening and remove the seed. Put into a french dressing to marinate. Just before serving, drain and insert in the place of the seed, a tiny piece of pecan or other nut. Serve very cold on lettuce.

PERFECTION SALAD

3 envelopes Knox's gelatine dissolved in 2 cups cold water
2 cups boiling water
5 cups fruit juices
3 cups sugar
1 bottle ginger ale
1 large can diced pineapple
1 large can white cherries
2 cups chopped celery

Add boiling water to the gelatine that has been dissolved in the cold water, stirring for a few minutes. Then add fruit juices, sugar and ginger ale. When cold, add fruits and celery, then set aside to congeal. This recipe will serve fifteen.

—Mrs. R. T. Shreve

FRUIT JELLY SALAD

Make a clear lemon jelly with gelatine as the wrapper on boxes of gelatine instruct. Allow to partially cool and pour over any combination of fruits as grated pineapple, sliced bananas, oranges, grapes or peaches. Pour into molds and set in a cool place to harden. English walnuts, chopped may be added if desired. Serve plain or with whipped cream.

—Mrs. J. M. Taylor

Custards, Pies and Deserts

SHREDDED WHEAT BISCUITS WITH STRAWBERRIES

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

THE "PLAIN" JELL-O DESSERT

Dissolve one package of Jell-O, any flavor, in a pint of boiling water .Pour into a mould and put in a cold place to harden. When set turn out on a plate.

Be sure to use Jell-O, with the name Jell-O in big, red letters on the package. . .

SNOW PUDDING

Dissolve a package of Lemon Jell-O in a pint of boiling water. When cold and still liquid whip with an egg-beater to consistency of whipped cream. Let stand till firm and then pile it by spoonfuls into sherbet glasses and serve with egg custard.

NEW STYLE BAVARIAN CREAM

The Bavarian creams made from the following recipe are "new style" in their simplicity and economy and their piquancy of flavor. No sugar, cream or eggs are used in these delightful dishes, but only whipped J ell-O and fruit juices (the fruit itself only when particularly desired.)

PINEAPPLE BAVARIAN CREAM—Dissolve a package of Lemon Jell-O in a half pint of boiling water and add a half pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of shredded pineapple if you wish. Serves from 9 to 12 persons.

Instead of pineapple juice, berry juice or other fruit juices may be used to make similar Bavarian creams.

HOW TO WHIP JELLO

If you have never whipped Jell-O and know nothing about the process, you will be glad to know that it is as simple a matter as whipping thick cream. Begin to whip the jelly while it is still liquid (cold but not yet congealing) and whip till it is of the consistency of thick whipped cream. Use a Dover egg-beater and keep the Jell-O cold while whipping by setting the dish in cracked ice, ice water or very cold water. A tin or aluminum quart measure is an ideal utensil for the purpose. Its depth prevents spattering and tin and aluminum admit quickly the chill of the ice or cold water. Add cream or whatever else goes into the desert after (not before) whipping the Jell-O. The whipping process more than doubles the quanity of plain Jell-O so that when whipped one package of Jell-O serves twelve persons instead of six.

A DESERT FOR CHILDREN

To one cup of sugar add the juice and rind of one lemon, three eggs beaten light, one one-half pints of sweet milk, and cupful of grated bread crumbs. Bake in an moderate oven twenty minutes. Serve with or without sauce or cream.

—Ethel Darling Chapman

PINEAPPLE PIE

3 eggs
1 cup sugar
Lump Butter
1 cup sweet milk
1 small can of grated pineapple.
2 tablespoons corn starch

—Mrs. J. A· McEachin

WHITE CHARLOTTE

Soak one-half box of gelatine in cup of cold water. Let one and one half cupfuls of sweet milk and one cup of sugar come to a boil, pour over gelatine. Stir into the mixture when partially congealed one pint of whipped cream. Stir for some time. Add whites of three eggs beaten to a stiff froth and flavor.

—Mrs. L. E. Broughton

DATE PUDDING

2 eggs beaten lightly
1 cup sugar
4 tablespoons milk
1 cup chopped walnuts
1 1-2 Tablespoon flour
1 teaspoon baking powder
1 cup bread crumbs
2 cups dates, stoned and cut.

Mix ingredients put in greased pan and bake about forty minutes in pan of hot water, with oven moderately hot.

—Mrs R. N· McLeod

CHERRY PARFAIT

Whites 6 eggs
3 cups sugar
1 1-2 cup water
1 qt. whipped cream
1-2 cup cherries
1-2 cup almonds

Boil sugar and water until it threads and pour gradually over stiffy beaten whites. When cool add whipped cream, cherries, almonds and 1 teaspoon almond extract. Pack in freezer with ice and salt from 3 to 4 hours This amount will make one gallon.

—Mrs. W. M. Blair

CHOCOLATE PIE

The amount given in this receipt makes two pies
4 eggs
2 cups of sugar
1 1-2 pints of water
1-4 cake, bitter chocolate
2 tablespoonful melted butter
4 rounding tablespoonful of flour.
Pinch of salt
1-2 Cup sweetmilk

Mix water and chocolate. Let boil about fifteen minutes· Mix yolks of eggs and sugar. Add butter, flour, milk and flavor with vanilla, add chocolate water, and let boil until very thick. Pour into ready baked pastry. Top with meringue Mrs. A. M. Richards

RAISIN PIE

Grate yellow rind from one lemon, chop inside of lemon in small pieces to this add one cup raisins, one cup sugar, 1-2 cup syrup, pinch of salt, good size piece of butter, and two cups water. Boil all together five or ten minutes, take off and let cool and before putting between crust add five tablespoons flour. This makes two pies.

—Mrs. J. A. McEachin

PINEAPPLE PUDDING

3-4 cup butter
1 1-2 cup sugar
4 level tablespoonsful flour
1 cup sweet milk
4 eggs
Contents of one 1 pound can pineapple

Pour into pan or baking dish and cook until thick Use white of eggs for meringue.

—Mrs. A. M. Richards

RAISIN PIE

3-4 cup sugar
1-8 teaspoon salt
1-2 teaspoon cinnamon
1-4 teaspoon cloves
1 egg
1-2 cup molasses
1-4 cup vinegar
1 cup chopped raisins
2 crackers rolled
1-4 cup butter

Mix sugar, salt, cinnamon and cloves and add to slightly beaten egg. Add molasses, vinegar, raisins, cracker crums and melted butter. Mix well. Bake between two crusts in a moderate oven.

—Mrs. Worth Gantt

MARSHMALLOW WHIP

One quart of cream whipped stiff 1 lb. marshmallows cut fine, then whip well into cream, add two tablespoons of sugar, 1 teaspoon of vanilla, 1 cup nuts. Place on ice until stiff, top with cherries when served.

—Mrs. W. M. Folsom

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CHOCOLATE CHARLOTTE

1-4 cupful boiling water
3-4 cupful sugar
1 1-4 cupfuls cream
1 1-4 tablespoonfuls gelatine
1-4 cupful cold water
1-2 cupful cream (scalded)
1 1-2 squares chocolate
Vanilla

Soak the gelatine in cold water, add the scalded cream to it while hot. Stir until gelatine is dissolved. Melt the chocolate over hot water, add the sugar slowly and then the boiling water a little at a time. Add slowly to the gelatine mixture while both are hot, cool. Add the cream to 1 teaspoonful vanilla. Pour into a fancy mold lined with lady fingers.

CARAMEL ICE CREAM

2 cupfuls scalded milk
1-4 cupful sugar
3 eggs
1-8 teaspoonful salt
1 cupful sugar
1-4 cupful boiling water
1 quart thin cream
2 teaspoonfuls vanilla

Make a custard of the first four ingredients, strain and cool. Caramelize one cupful of sugar and add boiling water to it, cool. Combine mixture, add cream and vanilla, and freeze.

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SIMPLE SYRUP PUDDING

1 egg
1-2 cup syrup
1-2 cup of water
1-2 tea spoon baking soda
1 cup flour
1-2 tea spoon each, cloves
cinnamon and nutmeg
Pinch of salt

Dissolve the soda in syrup and add flour, eggs, water, salt and flavor. Cook in double boiler 1 hour. Serve with or without plain sauce. Easy to make and good to eat.

—Mrs. A. R. Powell

EGG CUSTARD

1 pint of cream or rich milk
3 eggs
1 tablespoon flour
1 1-2 cups sugar

Mix sugar and flour together well before adding to eggs, as this prevents lumping. Beat eggs and sugar to which has been added flour as directed above. Flavor with nutmeg and pour in a pan lined with pastry.

—Mrs. H. D. Etheridge

GRAPE JUICE WHIP

1-4 pkg. gelatine
1-4 cup cold water
2-3 cup grape juice
2-3 cup of sugar
juice of 1-2 lemon
3 egg whites
1-4 lb. marshmallows

Soften gelatine in cold water (disolve by beating over hot water) add grape juice, sugar and lemon juice. Stir over ice water till it begins to thicken. Beat egg whites until stiff then fold into mixture gradually, when it holds its shape fold in the marshmallows which have been cut with scissors and pour into molds. Serve with whipped cream and a cherry.

—Mrs. Henry D. Smith

If you are doubtful about "AIRY FAIRY FLOUR" Ask Anyone using it

PRUNE PUDDING

Beat the whites of five eggs to a stiff froth, add one cup sugar and vanilla to taste.

Cook until tender one cup prunes without sugar. Add prunes to above mixture, brown in oven. Serve with whipped cream.

—Mrs. Sanford McGowin

SOFT GINGER BREAD

Cream together one-half cupful of butter and one-half supful of sugar, add to this one cupful of molasses and teaspoonful each of ginger, cloves and cinnamon. Add two and one-half cups of flour and then stir in a cup of boiling water in which has been dessolved two teaspoonfuls of soda. Beat well two-eggs. Cook slowly.

Serve with whipped cream or lemon sauce.

—Ethel Darling Chapman

CREAM PIE

6 Eggs separated
2 sups sugar
4 cups sweet milk
3 tablespoons corn starch
1-4 lb. butter
1 teaspoon vanilla
8 marshmallows

Heat milk and butter, sift sugar and corn starch together and add to yolks well beaten , add this mixture to hot milk and stir constantly until thick. Pour mixture into pie crust previously baked. Top with meringue made of whites and six tablespoons of sugar. Brown in quick oven. This makes two pies.

—Mrs. E. R. Smith

CHARLOTTE ROUSE

1 pint cream
1-4 envelop of gelatine
2-3 cup of sugar
4 tablespoonfuls of milk
flavoring

Cover gelatine with 1-2 cup of water, dissolve in pan of hot water. Whip cream add milk and sugar. Then add gelatine. Put in bowl on ice and when beginning to set stir in a cup of any desired fruit. Serve with white cake.

—Ethel Darling Chapman

Try it once "AIRY FAIRY FLOUR" Will Always use it

RAISIN PIE

1 cup sugar
1-2 cup butter
1-4 cup milk (sweet)
1 cup Raisins
1-2 cup nuts
1 teaspoon vanilla

Cream butter and sugar, add milk and the eggs. Cook this mixture until thick. Add Raisins and nuts. Serve this filling in pie crust already baked.

—Mrs. George Ethridge

AMBER PIE

1 1-2 cups sugar, yolk of 3 eggs, 1 cup raisins, 2 tablespoonfuls of flour, butter the size of a walnut, 1 cup buttermilk, 1 teaspoon allspice, 1 teaspoon cinnamon. Use white of eggs for frosting.

—Mrs. W. L. Bean

RAISIN CUSTARD

One heaping tablespoon butter, one scant cup grated biscuit crumbs, on cup cold water, one cup sugar, yolk two eggs, one or one and one-half cups raisins. Soften the crumbs with the water. Cream together the butter, sugar and yolks, then add biscuit crumbs and raisins. Flavor with lemon. Bake on pastry crust. Make a meringue of white and brown lightly.

CREAM PIE

Three eggs, one cup sugar, one ounce butter, one and one-half cups flour, two tablespoons water, one and one-half teaspoons baking powder. Makes two cakes. Bake about thirty minutes. Split in half.

....**Filling.** One pint sweet milk brought to a boil, three eggs, one cup sugar, one cup flour, one-half cup butter. Beat until perfectly light and stir into milk and stir until thick and smooth, then beat until cool. Spread between layers. Serve with whipped cream. Nice when topped with red cherries .

—Mrs· W. M. Knox

BANANA DELIGHT

4 cups of sweet milk
1 cup sugar
4 eggs
1-2 teaspoon vanilla extract
2 tablespoons corn starch
6 bananas
1 box vanilla wafers

Make boiled custard of the milk, egg yolks, sugar, corn starch, vanilla extract. Put half of the vanilla wafers in baking dish, slice three bananas placing them over the wafers then pour over this half the custard, repeat process, make meringue of whites of the four eggs, put on top and brown. Serve very cold in comports, with tablespoon of whipped cream on each. Serves 12.

—Mrs. L. E. Broughton

LEMON SHERBERT

Juice of 8 or 10 lemons
3 cups of sugar
2 quarts of water
1 cup cream

Boil one quart of water and sugar 15 minutes, cool, add lemon juices and quart of water, when partly frozen add cream and freeze thoroughly.

Ruth O'Neal Reid

CRANBERRY FRAPPE

1 quart Cranberries
2 cups of sugar
2 cups of water
Juice of 2 lemons

Cook cranberries and water 8 minutes; then force through a sieve, add sugar and lemon juice and freeze to a mush. Use equal parts of ice and salt.

MAPLE PARFAIT

4 eggs
1 cup of hot maple syrup
1 pint thick cream..

Beat eggs slightly and pour on slowly maple syrup. Cook until mixture thickens cool add cream beaten until stiff, mold. Pack in ice and let stand 3 hours.

—Mrs. T. A. Brougton

MILK SHERBET

2 quarts milk
4 cups sugar
6 lemons

Chill the milk, squeeze juice from lemons and mix with sugar, add to chilled milk. You may add pineapple (grated) and before taking up from freezer add two whites of eggs beaten stiff.

—Mrs. Gordon L. Wood

KENTUCKY PIE

Makes two pies.
2 cups sugar
4 tablespoons corn starch
2 teaspoon all kind spices
1-4 cup butter
4 eggs yellows
1-2 teaspoon vinegar
1 cup buttermilk with pinch of soda
1 cup raisins
1 cup nuts

Cook all ingredients together until thick and then add raisins and nuts, mix thoroughly, spread in pastry, use whites for meringue.

—Mrs· G. S. Watts

FROZEN PLUM PUDDING

1 quart of cream
2 cups of sugar
1 cup of seeded plumped raisins
1-2 cup chopped citron
1-2 cup chopped figs
1 pint rich milk
3 eggs and 3 ounces of chocolate
1-4 cup of cleaned currants
1-4 cup candied orange rind
1-2 cup chopped dates

Place cream and milk in double boiler and scald, add sugar and grated chocolate, stir until the sugar is dissolved then add beaten yolks of eggs stirring constantly. Add whites of eggs and a tablespoon of vanilla. Put into freezer and freeze partly, then stir in the prepared fruit and finish freezing. Let stand an hour or two to ripen.

Mrs. A. C. Darling

A Perfect Pastry Flour "AIRY FAIRY" None So Good

ORANGE PUDDING

6 eggs separated
1 cup sugar
1 cup cold water
1 cup orange juice
1 rounded T. Knox gelatine

Beat yolks until very light gradually add sugar, add gelatine dissolved in water, the well beaten whites and orange juice. Set vessel on ice and whip until it begins to solidify or juice will seperate. Pour in mold set on ice. Serve with whipped cream. Amount serves fourteen people.

—Mrs. E. S· Thigpen

PRUNE PUFF

4 eggs
2 cup sugar
1 cup cooked prunes

Whip egg whites to stiff froth, add sugar slowly beating continually, add prunes which have been stoned and chopped. Whip until very light. Bake in pudding dish in moderate oven about ten minutes. Serve cold with soft custard made from yolks of eggs.

Other soft fruits may be used in same way served hot with sauce or whipped cream.

—Mrs. R. I Kearley

CHARLOTTE

1-2 Pkg. Knox gelatine
2 1-2 cups sweet milk
1 cup sugar
1 pint of whipped cream
Whites of 4 eggs
1 teaspoon vanilla

Dissolve 1-2 pkg. Knox gelatine in 1 cup cold sweet milk. Let 1 1-2 cups sweet milk come nearly to a boil and add 1 cup sugar. Pour the milk with dissolved gelatine in hot milk and strain. Just as the gelatine begins to harden add flavor, 1 pint whipped cream, whites of 4 eggs beaten stiff.

—Mrs. A. R. Powell

APPLE FLOAT

Stew six large apples until perfectly soft and tender. Remove from fire and let cool. Cream together one cup sugar and four egg yolks and mix with the fruit. Put in stove and let cook until done. Beat the egg whites to a stiff froth, adding one-half cup sugar, spread on top and replace in stove until a delicate brown.

ANGELUS MARSHMALLOW DRESSING

For Hot Ginger bread, ApplePie, Shortcakes Puddings etc.

1 cup granulated sugar
1-3 cupful boiling water
2 eggs whites beaten light
30 Angelus Marshmallows
1-2 teaspoonful vanilla extract

Boil the sugar and water until the syrup threads from the end of the spoon; pour in a fine stream over egg whites, beating constantly, meanwhile. Add the marshmallows, made hot in a double boiler and beat until smooth; add the flavoring and use hot or cold.

CRANBERRY FRAPPE

1 quart Cranberries
1 quart water
3 lemons (juice)
1 quart sugar
1 quart water
1 cup cream

Boil berries in 1 qt water until done and strain. Make a syrup of sugar and a quart of water. Mix berry juice, syrup and lemon juice. Pour into a 3 quart freezer, add sufficient water to fill freezer within two inches of top. Add more sugar if desired.

Delicious with turkey or a salad course.

—Mrs. J. P. Tilley

"APRICOT ICE"

1 can of appricots mashed to a pulp and sweetened to taste. 3 lemons, grated rind and juice. Boil one quart of water with 1 heaping cup of sugar when cool add to apricots, add a little vanilla, put in freezer and turn till it begins to freeze then add 1 quart of cream whipped with the whites of 3 eggs and a little sugar. Finish freezing.

—Mrs. T. M. Campbell

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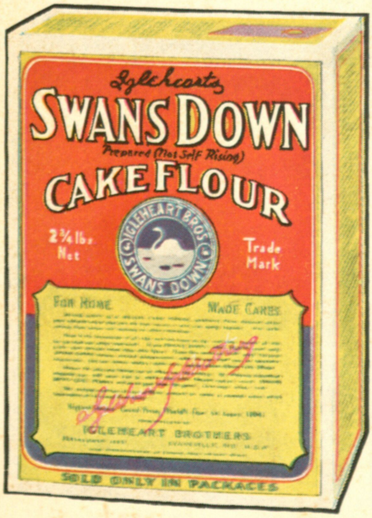
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Try This Cake Recipe

DELICIOUS SWANS DOWN CAKE

½ cupful butter, or substitute
1 cupful sugar
⅔ cupful milk
2 cupfuls SWANS DOWN CAKE FLOUR
3 teaspoonfuls baking powder
¼ teaspoonful salt
1 teaspoonful vanilla
3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter, whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (**350-400° F**). Thick layer and cakes baked in a loaf require a moderate oven (**325-375° F**) while sponge cakes and angel cakes require a slow oven (**250-300° F**). Fruit cakes require even a slower oven (**200-250° F**).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

Cakes, Fillings And Icings

PASTRY SHORT CAKE

One and one-half cup flour, one tablespoon lard,—full measure, one-half teaspoon salt. Cut lard into flour with a knife and add water,—preferably ice water, few drops at the time until right consistency to roll. Roll about one fourth inch thick and bake a golden brown. Prick with a fork before baking to prevent blistering. Spread mashed and sweetened strawberries between. Serve with whipped cream.

—Mrs. E. M. Henderson

STRAWBERRY SHORT CAKE

One egg, heaping tablespoon butter, three-fourths cup sugar, one-half teaspoon baking powder and four tablespoon water. Cream the butter, sugar and egg; add sufficient flour to make a stiff dough that has to be leveled into the cake tin with a spoon, a soft dough will get soggy with the mashed berries. Bake in one layer until a nice brown. Turn out on platter and when cool, divide the layer, using a very sharp knife, making two layers, and spread mashed and sweetened strawberries between and on top. Serve with whipped cream.

—Mrs. E. M. Henderson

ANGELS FOOD CAKE

Whites of eleven eggs, one and one-half cups sifted granulated sugar, one cup flour sifted four times, one teaspoon cream tarter sifted with flour once, one teaspoon vanilla.

Cook in an ungreased pan in moderate oven forty minutes. Then try with a straw and if not done let remain few minutes longer. Care should be taken in the baking as this is very important, do not open oven until cake has been in at least fifteen minutes.

—Lois Zeagler Banks

ICING

1 cup sugar, one-fourth cup water, one-fourth teaspoon cream tarter, small piece of butter. Let boil six minutes. Pour slowly over the beaten white of one egg and cream until smooth.

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WAR CAKE

2-3 cup shortening
2 cups sugar
2 cups water
1 cup dates, raisin or prunes
1 teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves
4 cups flour
2 teaspoons baking powder
1 cup nuts
1 tespoon soda disolved in 2 tablespoons hot water.
1-2 nut-meg

Mix shortening and water, sugar, spices and raisins and boil 3 minutes, pour in mixing bowl and cool. Sift flour and baking powder add to liquid, beat well and add nuts and just before pouring in pan dissolve soda in hot water and beat into a bater. Bake in loaf in moderate oven about one hour. One cup of shredded cocoanut may be added.

—Mrs. J. E. Brawner

LANE CAKE FILLING

Yolks of eggs, from five to eight, which ever you have left after making any kind of white cake batter. One cup sugar, one cup butter; cream well and put in a double boiler and cook until it thickens then add one cup raisins, one pound nut meats and cook until it will drop like jelly from spoon.

—Mrs. E. M. Henderson

BLACK FRUIT CAKE

Cream one pound sugar, one pound butter until light Then add ten well beaten eggs, one pound flour, reserving some of it to flour the fruit· Spice the batter with nutmeg, cloves and cinnamon. Add two pounds seeded raisins, two pounds currants, one pound small cut citron, or watermelon rind preserves, one pound small cut English walnuts, one pound dried figs cut small. Cut small the raisins, mix all your fruit well and flour well so it does not stick together. Stir in the batter. Now add one cup of cold water in which one teaspoon of soda has been dissolved. The water prevents it being too dry.

—Mrs. H. D. Etheridge

Perfect Wheat Selected to Make "Airy Fairy Flour" Perfectly Milled

NUT MACAROONS

2 cups finely chopped nuts
2 eggs, 4 tablespoonfuls of flour
1 cup of sifted pulverized sugar
A few drops of vanilla

Beat eggs very light beating in flour slowly and sugar by spoonfuls, add nuts last. Bake on buttered paper in slow oven.

—Mrs. J. F. Carson

NAME THIS CAKE

1 cupful of butter
2 cupfuls of sugar
3 cupfuls of flour
1 heaping teaspoon of baking powder
Whites of four eggs.
1 cupful of milk
Bake in two layers
Filling for cake, whipped cream and pecans.

—Mrs. W. L. Bean

ANGEL FOOD CAKE

One and one-half cup granulated sugar, 1-2 cup cold water. Let stand, then stir, and start cooking slowly Twelve whites of eggs or one and one-half cups of whites, one heaping teaspoon or four level teaspoons cream of tartar, one cup flour sifted once then measured by putting in cup spoonful at the time. Mix with cream of tarter and sift four times. Now beat eggs twelve minutes until they are dry and ragged. The sugar should be thick by now. Cook until it spins from the spoon. Pour over the well beaten whites and beat for twenty-five minutes. Beat long strokes and slowly. Add flavoring then sift in flour and fold on until all lumps are gone. Put in a cold oven increase heat every fifteen minutes. Let cook one and one-half hours.

—Fay O'Neal

DATE CAKE

One pound dates, chopped up, one cup nuts chopped up, not too fine, two eggs, one-half cup sugar, two tablespoons flour, one teaspoon baking powder, one teaspoon vanilla. Makes a very stiff dough. Bake twenty minutes I use one package Dromedary dates which does not weigh one pound.

—Mrs. C. M. Reilly

THREE EGG CAKE

One and one-half cups flour, one cup sugar, one-half cup butter, three tablespoons cold water two teaspoons baking powder, three eggs, any desired flavoring. Cream butter and sugar, add eggs well beaten, add water spoonful at a time and lastly add the flour and baking powder which has been sifted together three or more times. Bake in a well heated oven, in tins or as a loaf cake.

Miss Mary Milligan

LANE FILLING

8 eggs, yolks
1 cup butter
1 cup sugar

Wine glass of brandy, cream all together. Cook in double boiler until very thick. Add 1 cup nuts, 1 cup raisins, 1 cup cocoanut (fresh grated). Let stand until cool and put between cake-layers.

—Mrs. L. E. Broughton

GINGER SNAPS

One cup molasses, one cup lard and butter, (equal portions) one egg, three-fourths cup sugar, one tablespoon vinegar, one tablespoon each, salt, ginger, cinnamon, cloves, nutmeg, two teaspoons soda. Boil molasses and shortening together. Mix other ingredients and pour the boiling mixture over them. When cool enough, add flour for a stiff dough. Put in the refrigerator to get very cold before cutting. Roll very thin, cut and bake.

—Mrs. O. L. Benson

JAPANESE CAKE

White Portion:—One cup butter, two cups sugar beaten to a cream, one cup sweetmilk, three and one-half cups flour, one teaspoon baking powder, whites of six eggs, beaten to a stiff froth. Flavor with lemon. Bake in two layers.

Dark Portion:—Yolks four eggs, one-half cup sweet milk, one-half cup butter, one cup sugar, two cups flour, one teaspoon cream tartar, one-half teaspoon soda. One teaspoon spice, one nutmeg, one teaspoon cloves, two cups raisins, one tablespoon syrup. Mix nutmeg, spice and cloves into the syrup. Dredge the raisins well before mixing with the batter. Bake in one layer. In putting together with icing use the dark portion for the middle layer.

—Mary Olive Henderson

Try it once "AIRY FAIRY FLOUR" Will Always use it

FRUIT FILLING FOR CAKE

Mix and boil few minutes 1-2 lb. sugar ad 1-2 lb. butter. Beat yolks of 8 eggs and stir in mixture while cooking.

1-2 lb. almonds
1-2 lb. raisins
1-2 lb. English walnuts
1-2 lb. citron
1 coconut grated

Put all ingredients in mixture and cook a few minutes adding cocoanut last and remove from fire and thin with cocanut milk if desired.

—Mrs. Wm. Folsom

PRIZE DOUGHNUTS

One egg, one cup sugar, two-thirds cup sweetmilk, one half teaspoon melted butter. Add one pint unsifted flour, sifted with a heaping teaspoon of cream tartar; one-half heaping teaspoon soda, and one level teaspoon salt. Add flour as you need to roll before frying. Spice if you care for it.

Editors Note:—This receipt was awarded a prize over five-hundred and thirty-eight other contestants.

A GOOD CHOCOLATE CAKE

3-4 cup of butter
1 1-2 cups of sugar
3-4 cup of milk
3 cups flour
5 teaspoonfuls of baking powder
Whites of six eggs
1 teaspoonful of vanilla

Cream butter and sugar well, add milk and flour, beat well. Fold in stiff whites. Cook in layers and put together with the following filling:

3 cups of sugar.
1 1-2 cups water
2 squares of chocolate
6 eggs, yolks

Cook water and sugar until it spins a thread, add melted chocolate, whip in well beaten yolks. Flavor with vanilla.

Ethel Darling Chapman

Perfect Wheat Selected to Make "Airy Fairy Flour" Perfectly Milled

FRUIT CAKE

12 eggs beaten separately
1 1-2 lbs. flour
1 lb. sugar
1 lb. butter

One pound each of raisins, currants, pecans, almonds, citron, crystalized pineapple, crystalized cherries.

1-2 glass wine
1-2 glass syrup
1 full teaspoonful of soda

Beat yellows, then add sugar and beat till light. Have butter melted (not hot) then add syrup and wine and 1 teaspoonful each of cloves and spice. Then flour, then whites of eggs with soda mixed. Have fruit mixed in large bowl and mix 1-2 lb, flour (not included in 1 1-2 lbs. above) Bake 4 to 4 1-2 hours.

This may be put in warmer of stove for two or more hours and counts for one hours baking. This makes two large cakes.

Mrs. A. C. Wilder

DEVIL'S FOOD CAKE

3 eggs
1-2 cup butter
1-2 cup sour milk
1 teaspoonful soda
3 cups flour
1-2 cup grated chocolate
2 cups of sugar
1-2 cup boiling water
Pinch of salt.

DEVILS FOOD FILLING

2 cups of sugar
1-2 cup butter
1-2 cup sweet milk
1-2 cup grated chocolate
Cook until thick, flavor with vanilla.

—Mrs. T. M. Campbell

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LIGHTNING CAKE

1 1-2 cups flour
1 cup sugar
2 teaspoonsfuls Baking powder
1-4 teaspoon salt
2 eggs
1-4 cup butter
Milk
1 teaspoonful flavoring

Sift flour, sugar, baking powder and salt together three times. Melt butter in a one-half pint measuring cup. Break in eggs and fill cup with milk, add flavoring and stir into flour. Beat about five minutes with Dover egg beater. Bake in a loaf or muffin rings. It may be served with chocolate sauce or any favorite sauce or may be iced with favorite icing.

—Mrs. L. B. Underwood

WHITE CAKE

Splendid for a layer cake
1 cup butter
2 cup sugar
3 cups flour
2 1-2 teaspoons baking powder
1 cup milk
6 egg whites

Cream butter and sugar. Sift baking powder in flour, and add flour and milk, alternately, to the creamed butter and sugar, adding milk last. Fold in the well beaten egg whites, and bake in a slow oven.

—Mrs. R. T. Shreve

ENGLISH WALNUT and RAISIN CAKE

Whites of sixteen eggs, one pound of sugar one pound of flour one-half pound of butter, two pounds of raisins, two pounds of English walnuts, (in the shell') 3 teaspoonfuls cream of tartar, one teaspoonful of soda one half cup of sweetmilk, cream butter and sugar thoroughly. Add milk, then flour, which you have previously sifted five times with soda and cream of tartar. Add whites just before putting in the chopped fruits well-flavered. Season with teaspoonful of lemon extract. Bake in layers and when cold put together with cocoanut icing, using fresh cocoanut.

—Mrs. L. E. Broughton

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OATMMEAL COOKIES

2 cups oats
2 cups flour
1 cup sugar
1 cup shortening
1 cup raisins or currants
2 eggs
1 teaspoon soda in 4 teaspoons milk
1 teaspoon cinanmon

Pinch of salt, and a few drops of vanilla. Cook in muffin rings.

—Mrs. J. E. Brawner

COOKIES

8 tablespoons of sugar
6 tablespoons of butter
4 tablespoons of sweet milk
2 teaspoons of baking powder
3 teaspoons of vanilla
2 eggs
Enough flour for a soft dough.

—Mrs. A. C. Wilder

Cookies

1-3 cup of butter
1 cup sugar
1 egg
1 teaspoon vanilla
2 teaspoons baking powder
1 cup milk
2 cups flour

Add 1 cup nuts and 1 cup raisins. This makes twenty four cookies using muffin tins.

DATE AND NUT CAKES

1 cup nuts
1 cup cut dates
2 eggs
2 tablespoons flour
1 teaspoon baking powder
1-2 cup sugar

Mix all ingredients except nuts and dates, add these last.

—Mrs. W. G. Smillie

"AIRY FAIRY FLOUR" Makes a most Delightful Biscuit, Try it Today

OLD FASHIONED POUND CAKE

One pound butter, one pound flour, one pound sugar, ten eggs if very large or twelve eggs if small. Cream about half the sugar with the butter and balance with yolks of eggs. Beat, Beat, Beat thoroughly, then mix the flour and stiffly beaten whites alternately.

—Mrs. E. M. Henderson

WHITE CAKE (EXCELLENT)

Whites six eggs, one cup sweet milk, two cups sugar, 4 cups sifted flour, one cup butter, two teaspoons baking powder which has been sifted with the flour several times. Cream sugar and butter, add flour and whites alternately with the milk

WHITE CAKE

Whites sixteen eggs, one pound flour, one pound sugar, three-fourths pound butter, two level teaspoon baking powder sifted with the flour several times. Cream sugar and butter and add flour and whites alternately.

PECAN CAKE

Seven eggs beaten separately, one pound sugar, one pound flour, three-fourths pounds butter, one teaspoon baking powder sifted with flour, half pint whiskey, two grated nutmegs, one and one-half pounds raisins, one-half pound citron clipped fine, and two pounds (more if you like) pecans weighed before being hulled.

Cream butter, sugar and yolks, adding whites, flour and whiskey alternately, leaving out sufficient flour to dredge the fruit and nuts. A splendid way to add the nutmeg is to mix with flour.

STRAWBERRY SHORT CAKE

One cup butter, one cup sugar, three eggs and flour sufficient to make a rather stiff dough. Bake in two layers and spread mashed and sweetened strawberries between and on top of layers, saving a few large berries to decorate the top.

—Mrs. E. R. Smith

OLD FASHION BLACK FRUIT CAKE

1 cup butter
2 cup sugar
1 3-4 cup sour milk
1 cup molasses
5 eggs
1 heaping teaspoon soda
1 1-2 lbs. of seeded raisins
5 cups of brown flour
1 lb. of currants
2 cups nuts
1 teaspoon each cloves, cinnamon, all spice
Nutmeg
One can add to this glazed fruit to liking.

Cream together butter and sugar, add molasses, sour milk in which soda has been dissolved eggs and flour, spice, then fruits which have been dredged with one or more of the five cups of flour. This recipe is sufficient for two good sized cakes. Put into pan with paper at bottom which has been greased, steam on top of stove until done(requires around four or five hours) then put in oven to brown.

—Louise Perrenot O'Neal

FRUIT CAKE

1 1-2 lbs. flour
12 eggs beaten separately
1 lb sugar
1 lb butter
1 lbs each raisins, currants, pecans, almonds, crystalized cherries, citron, crystalized pine apple.
1-2 glass wine, 1-2 glass syrup

1 teaspoonful soda (between a level and heaping). Beat yellows, then add sugar, beat until light, have butter just melted (not hot) add syrup and wine and one teaspoonful each of cloves and spice, then flour, then whites with soda mixed. Have fruit mixed in large bowl and mix 1-2 lb, flour (not included in 1 12 lbs. above) with it and mix. Bake 4 to 4 1-2 hours. This may be put in warmer of stove for 2 or more hours and count for 1 hours baking. This makes two large cakes.

—Mrs. R. B. McDavid

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Pickles and Relishes

GREEN TOMATO PICKLE

Slice half peck green tomatos, dissolve one cup salt in one quart cold water, pour over the tomatoes and let stand two hours, then drain through a collander until quite dry. Add to the tomatoes, one quart pure cider vinegar, one pound brown sugar and one level tablespoonful each of allspice, mustard and cinnamon and one level teaspoon each of pepper, cloves, and celery seed. Boil all togther for one half hour after it begins boiling and then simmer two hours.

—Miss Mary Milligan

PEPPER RELISH

3 large onions
1 dozen sweet green peppers.
1 dozen sweet red peppers
2 tablespoonsful salt
2 pints vinegar
2 cups sugar

Chip onions and pepper fine, (but do not grind) cover with boiling water and let stand 10 minutes. Cover again with hot water and let come to a boil, then drain through collander again, dry and add salt, vinegar, sugar and cook fifteen minutes and seal.

—Mrs. A. M. Richards

PEAR CHOW-CHOW

One peck pears, six large white onions, four large red bell peppers, five cups vinegar, two pounds sugar, one tablespoon salt and one tablespoon whole spice. Cut pears into small pieces about size of dice, grind onions and bell pepper Mix and let come to a boil and let boil thirty minutes. Seal hot.

—Mrs. W. M. Knox

SWEET PEACH PICKLE

Peal firm press peaches and drop in water to prevent turning dark. To each cup vinegar use one cup water, one and one-half cups sugar, one dozen each spice and cloves. Boil peaches in this about five minutes or until they begin to look clear. Place in jars. Fill with the boiling liquid and seal boiling hot.

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CUCUMBER RELISH

About for dozen large cucumbers, one dozen green bell peppers, two ounces each black and white mustard seed, three dozen white onions, (medium size), half dozen red bell peppers, one ounce celery seed. Chip the cucumbers peppers and onions fine, sprinkle with salt and let stand overnight. In the morning drain well and boil three quarts vinegar, one pound brown sugar, and spices to suit taste together, pour over cucumbers and put in air tight jars.

—Mrs. W. M. Knox

GREEN TOMATO PICKLE

Two gallons green tomatoes, one and one-half quarts vinegar, three-fourths cup salt, one and one-half cups sugar, three tablespoons pickle spices, fifteen green, hot peppers, seven medium size onions. Wash tomatoes and slice in halves. Pack with salt and let stand over night, after adding the onions sliced in thirds. Next day put vinegar, sugar and spices(tied in a cloth) into a boiler and let come to a good boil for five minutes. Then squeeze out the mixture that has stood over night, add the peppers chopped fine and put into the boiling mixture. Let boil for fifteen or twenty minutes. Lift out the spices. Your pickle is now ready to put into jars. Seal hot.

—Mrs. H. J. Brogden

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GREEN TOMATO SAUCE

Prepare tomatoes by cutting out stem ends and all spots, pealing those of tough skins. Use about one-fourth as much onions as you have tomatoes. Grind in meat chopper and to every gallon of mixture, add one quart vinegar, four cups sugar, two tablespoons each whole colves and spice and one tablespoon salt. Boil about thirty or forty minutes or until it begins to thicken, keeping well stirred to prevent browning at bottom of vessel. Seal boiling hot.

Mrs. E. M. Henderson

CABBAGE SLAW, UNCOOKED

One cup finely shredded white cabbage, one medium size onion chipped fine, one green and one red sweet pepper, or more if you like, heaping teaspoon sugar, dash black pepper, one-half teaspoon salt, four tablespoons vinegar, and add chopped celery if you like. Fine for meats and vegetables.

FRENCH PICKLE

One peck green tomatoes, six large onions sliced, two dozen bell peppers, one cup water. Mix well and throw over them one cup salt. Let stand about two hours then place in bag and let drip overnight. In the morning put on the stove with one quart vinegar and one quart water and allow to boil fifteen minutes then add one additional quart of vinegar, two pounds brown sugar, two tablespoons each ground cinnamon, cloves, ginger and allspice. Boil fifteen minutes and seal hot.

—Mary Knox Evens

PICKLED RAISINS

1 pound cluster raisins
water
vinegar
2 inch stick cinnamon
1 dozen whole cloves

Soak the raisins in enough water to cover until fruit becomes plump and tender. Drain, place in a crock and cover with a mixture of 1-2 vinegar and 1-2 syrup of the water in which they were soaked. Add cinnamon and colves. Allow to stand at least one week before using.

—Mrs. J. M. Taylor

If you are enjoying "AIRY FAIRY FLOUR" Tell your Neigbors about it

BEVERAGES

RUSSIAN TEA

1 gallon tea
2 oranges (juice)
2 or 3 lemons (juice)

Cloves and cinnamon to taste, then sweeten and serve hot.

—Mrs. G. S. Waits

BLACKBERRY NECTAR

Cover berries with boiling water. Let stand over night. Squeeze and strain through a cloth as for jelly. To one pint juice add one pound sugar and one ounce tartaric acid and when dissolved, bottle. Do not cork bottles too tight. When ready to serve use only about two tablespoonsful to each glass of water. A little lemon extract improves it at serving time.

—Mrs. W. L. Bean

VIRGINIA SHRUB

Whip to a smooth liquid nine tablespoons blackberry, plum or currant jelly, or any acid jelly. Add to this one quart water, juice three lemons and sweeten to taste. Serve with crushed ice.

APPRICOT PUNCH

One can appricots, five lemons, two and one-half cups sugar, three pints water. Run appricots through seive, add lemon juice, sugar and water. Stir well and serve with crushed ice.

—Miss Mary Olive Henderson

FRUIT PUNCH

Three dozen lemons, two dozen oranges, two fresh pineapples or two cans, one dozen limes, one quart maraschino cherries, two pounds fresh grapes. Put grapes on stove with two cups sugar and let boil half hour. Mash and put through sieve. Dissolve two pounds sugar with pint water and let boil until a thin syrup. Peel the yellow rind from six lemons and let it boil in the syrup five minutes. Take from the fire and when cool add the fruit juices and the pineapple chipped fine. Add water sufficient to make three gallons and sweeten to taste. When ready to serve put in Punch bowl over block of ice and add the cherries.

This amount will serve one hundred guest.

GRAPE JUICE

Boil one-half gallon ripe grapes in one quart water until soft. Mash and strain through cheesecloth. Add one cup sugar to each quart juice. Boil twenty minutes, skim and seal while boiling hot.

BLACKBERRY WINE

Mash berries thoroughly and put away in earthen jar. Let stand thirty-six to sixty hours or until they ferment well, then strain. To every gallon juice, add three pounds sugar (or two and one-half pounds if preferred) and put back in earthen jar letting stand until it ceases to ferment. Strain again and bottle being careful not to bottle too soon.

Try it once "AIRY FAIRY FLOUR" Will Always use it

For The Chafing Dish

Wise old doctors used to say:
"Do your eating in the day;"
"Never eat a thing,," they said,
"just before you go to bed."
Modern doctors differ, quite,
And say just the opposite,
"Food at bedtime," they observe,
"Calms the brain and soothes the nerve."
Thus we cannot go astray,
If we eat both night and day
And a Chafing Dish at night.
Adds to life a new delight

WELSH RABBIT

One and one half pounds soft American Cheese, one table spoon butter, two table spoons of beer, ale or milk, one tablespoon Worcestershire sauce, one tablespoon dry mustard, one quarter salt spoon cayenne or teaspoon paprika.

Put the butter in the Chafing dish, then the beer, ale or milk; add Worcestershire sauce, mustard, cayenne or paprika blended thoroughly; add cheese which has been cut into small bits and stir constantly. If necessary to produce a smooth, even liquid, add more beer, ale or milk. When mixture is creamy serve at once on browned toast.

CHEESE FONDU

Two cups grated cheese, one table spoon butter, one cup sweet milk, one cup fine bread crumbs, teaspoon dry mustard, two eggs and a dash of cayenne. Put the butter in the Chafing dish; when melted add the milk, bread crumbs, cheese and mustard; season with cayenne; stir constantly, and add just before serving, the two eggs, beaten light.

SCALLOPED OYSTERS

Oysters, two tablespoons butter, gill of cream, four tablespoons cracker crumbs, salt and pepper.

Put the butter and cream into the chafing dish; place the oysters in layers, cover with cracker crumbs alternating until the material is used; season with about two table spoons oyster liquor, salt and pepper. Cook from five to ten minutes covered and serve very hot.

OYSTERS FRIED IN BATTER

Oysters, three eggs well beaten, three tablespoons milk or cream, one tablespoon flour, one tablespoon butter, salt to taste.

Make a batter of eggs, milk and flour seasoned with salt and juices of oysters. Put butter in Chafing dish and when hot, drop the oysters one at the time into the batter then fry them in the butter until a rich brown.

CREAMED CHICKEN

Two cups cold chicken, one cup stock, one cup milk or cream, two tablespoons butter, one heaping tablespoon flour, salt and pepper.

Cut the chicken into small pieces, put the butter in the Chafing dish, add stock and milk and flour which has been rubbed to a smooth paste in little of the milk, stirring until smooth. When about ready to boil, add the chicken, salt and pepper and let cook about five minutes longer.

WELSH RABBIT

One pound cheese, one-half glass ale, beer or milk, yolk of one egg, one teaspoon mustard, one teaspoon Worcestershire sauce, one teaspoon butter, dash of red pepper and one or two of black pepper and few drops of Tobasco sauce.

Melt the butter in the chafing dish, add the cheese which has been cut into small bits; stir constantly and add the ale, milk or beer slowly. When well blended, stir in the condiments prepared as follows: to the yolk, broken into a cup, add the mustard, Worcestershire sauce, pepper and tobasco. Let it have one more heating and serve hot on browned toast.

A Perfect Pastry Flour "AIRY FAIRY" None So good

CREAMED LOBSTER

One tablespoon butter, tablespoon flour, one cup milk, one-half cup cream, two pounds lobster, one teaspoon lemon juice, teaspoon salt, dash of cayenne.

Melt the butter in the chafing dish, add the milk and cream and the flour which has been rubbed to a smooth paste in a little of the milk. When all is smooth, add the lobster cut into small pieces, salt and cayenne pepper. Stir until very hot, add lemon juice and serve.

OYSTER STEW

Half pint rich milk, one dozen large oysters, lump of butter size of walnut, pepper and salt to taste. Put milk in chafing dish and when it boils, add oysters, butter, salt and pepper and serve piping hot.

OYSTER PAN ROAST

One dozen large oysters, table spoon butter, half pint oyster liquor, salt and pepper to taste. When the butter is melted, add the oysters, liquor, salt and pepper. Cover and cook two minutes after it strikes a boil. Serve on hot toast moistened with the liquor.

If you are doubtful about "AIRY FAIRY FLOUR" Ask Anyone using it

CONFECTIONARIES

COCOANUT CANDY

One cup water, four cups sugar, stir until dissolved. When it will spin a thread stir in one large grated cocoanut and stir until done. Stir until partly cool then pour onto buttered slab and cut into squares.

KISSES

Two cups sugar, one cup water, two teaspoon baking powder, whites of two eggs. Cook water and sugar until it spins a thread, pour over the beaten whites and flavor with lemon or vanilla. Drop a spoonful on buttered paper or very smooth pan and cook in warm, not hot, oven until a nice brown.

SUGAR CANDY

Dissolve two cups sugar in one-fourth cup water. Let boil and then add one teaspoon cream tarter dissolved in water. Cook until it will harden when dropped in cold water. Pour into buttered dish and pull as soon as cool e nough to handle.

DIVINITY CANDY

Two and two-thirds cups sugar, two-thirds cup water, two-thirds cup white Karo syrup, one or more cups nut meats, whites two eggs. Let the sugar, water and syrup cook until it will form soft ball in cold water. Then pour slowly over the stiffly beaten whites beating fast until nearly ready to stiffen, then add the nuts and drop from spoon onto buttered dish.

OLD FASHION TAFFY "WITHOUT ANY FRILLS"

Two cups sugar, one tablespoon vinegar , tablespoon butter, one and one-half cups water. Boil the sugar, butter, vinegar and water until it will harden when tried in cold water. Add any desired flavoring and when cool enough to handle, pull until snowy white.

DATE LOAF

Three cups sugar, one cup sweet milk, one-half cup butter, one package stoned dates which have been chopped one cup nut meats. Put sugar, butter and milk on stove and let boil a few minutes before adding dates. Cook until will form a sott ball when dropped in cold water then add nuts. Beat until creamy and stiff, then roll in a damp cloth. When hard slice.

—Leolive Benson Gantt

Use "AIRY FAIRY FLOUR" The World's—Purest—Whitest—Best

CANDIED CHERRIES, PINEAPPLES AND OTHER FRUITS

Boil but do not stir, onehalf pound loaf sugar in one cup water until a thick syrup. Pit cherries or prepare any desired fruit and string on a white thread, dip them in the syrup; suspend them by the thread until cold and set. When pineapples are used, slice them crosswise and dry them on a seive or in the open air. Oranges should be separated into sections and dried like pineapple. Several dippings into the syrup will only improve the fruits.

FRUIT CREAMS

Add to French Creams, raisins, currants, figs and a little citron chopped and mixed thoroughly through the cream while quite warm. Make into bars. Any kind of cream candy can be made by using different flavors and nuts to suit the fancy. They can be made into any shape the mind may picture.

DIVINITY FUDGE

Two cups sugar, three-fourths cup white Karo syrup, one-fourth cup cold water, one cup chopped nut meats, whites of two eggs, one teaspoon vanilla. Cook together, sugar, water and Karo until crisp when tried in cold water. Beat the whites of the eggs in a large bowl until stiff, and pour the syrup slowly onto them, beating the whole until it begins to harden. Add vanilla and nuts. Spread quickly on a buttered dish. When cool cut in squares.

—Mrs. H. D. Etheridge

FUDGE

One and one-half cups brown sugar, one and one-half cups white sugar, three-fourths cup red label Karo syrup, three tablespoons cocoa, two tablespoons butter, three-fourths cup milk, 3-4 cup nuts. Cook until it will form soft ball in cold water. Remove from fire. Allow to become practically cold. Beat until creamy. Add nuts and continue beating as long as possible. Pour into a buttered platter.

—Ruth E. Day

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FRENCH CREAM CANDY, COOKED

Four cups white sugar and one cup water cooked ten minutes. When it will thread, take from fire and rub small portion against side of bowl. If it will cream and roll into balls with the fingers, pour the whole into the bowl. When cool enough to bear fingers in it, stir or beat with spoon. It will soon begin to look like cream and then get stiffer until you have to take the hands and work like bread. If it doesn't cream readily put it back on the stove for a moment or two, taking care not to cook too long. Add flavoring. This is the foundation of all French creams.

To be successful in making, several points are to be observed. When the boiled sugar is cool enough to beat, if it looks rough and has turned to sugar, it is because it has boiled too much or has been stirred. If after it has been beaten it does not look like lard or thick cream and is sandy or sugary, it did not cool enough before beating. When it is first turned into the bowl to cool it should look clear like jelly.

FRENCH CREAM CANDY, UNCOOKED

Break into a bowl the whites of one or more eggs, as the quantity you may wish to make will require; add to it an equal quantity of water, then stir in "Three X" powered sugar or confectioners sugar until you have a stiff enough dough to mold into shapes with the fingers. Flavor to taste. Form into balls, cubes, cones or any desired shape and place on flat platter to dry. This cream can be worked in candies same as the cooked French creams. Different kinds of flavors can be had by giving any preferred flavor. For chocolate, wait until the balls are hard enough to handle and dip into melted chocolate. For nuts, before the balls become too firm, have ready whole or half nuts and press into the tops.

LEMON OR ORANGE DROPS

Grate the rind of orange or lemon and squeeze the juice, taking care to reject seed. Add to this a pinch of tartaric acid then stir in confectioners sugar until it is stiff enough to form into small balls the size of small marbles.

PINOCHI

Three cups brown sugar, one cup milk or cream, butter about the size of a walnut, chopped English walnuts, one or more cupsful and flavoring to taste. Boil sugar, milk or cream until a stiff ball forms when dropped into cold water. Add butter, flavoring and nuts, take from the fire and stir until it begins to harden. Pour on buttered marble or large dish and when nearly cool, mark into squares.

MISCELLANEOUS

DRAWN BUTTER SAUCE

4 tablespoonfuls butter
2 tablespoonfuls flour.
1 cupful hot water
1-4 teaspoonful salt
Few grains pepper

Melt the butter, add the flour and seasoning; cook until bubbling and then stir in gradually the hot water, stirring constantly, until smooth and thickened. Serve with boiled or baked fish or asparagus

CHEESE BALLS

1 tablespoon flour
1 1-2 cups grated mild cheese
1-4 teaspoon salt
Few grains cayenne
Whites 3 eggs
Cracker dust

Mix cheese with flour and seasoning. Beat whites of eggs until stiff, and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat, and drain on brown paper. Serve.

—Mrs. L. E. Broughton

BOSTON BAKED BEANS

Wash and pick over one pint of beans, cover with fresh cold water and soak over night. Then drain and cover with fresh water, bring slowly to the boiling point, let simmer until skins will crack. Drain beans, throw away water. Place in bottom of bean pot, five slices breakfast bacon put beans in pot, mix in a bowl one tablespoon of salt one tablespoon molasses, two tablespoons sugar, one cup tomato catsup, pour over beans, cover top of beans with breakfast bacon, fill bean pot with boiling water until water bubbles up among the beans. Cover bean pot and place in oven. Bake slowly six or eight hours; remove cover the last half hour of cooking to brown beans and crisp the bacon. When necessary add more water.

—Mrs. W. M. Folsom

CHEESE STRAWS

1 cup of flour
1-2 cup of grated cheese
1-2 cup of butter

Yolk of one egg, salt, pepper, lomon juice and 1-2 teaspoon baking powder. Cream butter and cheese. Add flour then eggs, pepper and lemon juice. Roll thin, cut in strips and bake.

—Mrs. Sanford McGowin

"DUCHESS POTATOES"

To 2 cups of hot riced potatoes, add 2 tablespoonsful of butter 1-2 teaspoon of salt, yolk of 3 eggs slightly beaten. Shape in any desired form with pastry tube and bag (cones, baskets, pyramids etc.) Brush over with baten eggs diluted with one teaspoon water and brown in hot oven.

—Mrs. T. A. Broughton

CHEESE SOUFFLE

2 tablespoons butter
3 tablespoons flour
1-2 teaspoon salt
1-2 cup scalded milk.
Few grains cayenne
1-4 cup grated old English or young American cheese.
Yolks 3 eggs
Whites 3 eggs

Melt butter, add flour and when well mixed add gradually scalded milk. Then add salt, cayenne and cheese.

Remove from fire; add yolks of eggs beaten until lemon colored, cool mixture and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish and bake twenty minutes in a slow oven. Serve at once.

—Mrs. L. E. Broughton

PEAR HONEY

Seven pounds pears ,five pounds sugar, three lemons, one can grated pineapple. Grind pears fine in meat chopper. Add sugar and lemon juice and cook until about as thick as apple butter. Add pineapple about fifteen minutes before done. Seal hot.

—Mrs. W. M. Knox

CHEESE DAINTIES

1 lb. grated cheese, 2 table spoons pure cream. Mix with mayonaise until smooth, form into pecan shape and place 1-2 pecan on top.

Mrs. A. L. Rankin

MEXICAN RICE

Wash one small cup of rice, spread and allow to dry or nearly so, then place in pan with one tablespoonful of hot lard and let cook slowly, stirring constantly, until a light brown. Have ready a sauce made of one can tomatoes, two green sweet peppers, one medium size onion, and a bit of garlic, all chipped fine, season with salt and black pepper Add the rice and let cook sowly about three-quarters of an hour, if it becomes too dry for cooking, add more water, its sometimes is necessary to add nearly a quart of water. Do not cook hurriedly as the browned rice must have time to puff.

—Mrs. W. M. Knox

FRENCH FRIED SWEET POTATOES

1 1-2 minutes, time fror frying.

Put about 1-4 boiler of Crisco on and heat (to brown bread cube instantly) Hve sweet potatoes quartered up, real small, drop in deep fat, when done place on pan lined with brown paper to drip. Sprinkle with salt. Serve hot.

—Mrs. Gordon L Wood

SCALLOPED TOMATOES

Drain 1 can tomatoes, season with salt, pepper, a few drops of onion juice, sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered bread crumbs. Cover with tomato, sprinkle top thickly with buttered crumbs. Bake in hot oven until crumbs are brown.

—Mrs. T. E. Henderson

TOMATO ASPIC

One box Knox gelatine, two cans Campbell's tomato soup. Swell the gelatine in two cans cold water measure in the Campbells tomato cans. Heat the soup and when it comes to boil add gelatine and let dissolve. Add vinegar to taste juice of two lemons, two good dashes tobasco sauce and red pepper. Celery and nuts chopped fine or stuffed olives, sliced or green peppers or sliced cabbage will add to it. When cool pour in pan greased with Wesson oil. This will serve twenty or more.

—Mrs. C. M. Reilly

BANANA FRITTERS

Mash three bananas very soft, add 1-2 cup sugar, one egg, two teaspoons baking powder and enough flour to make a stiff batter. Fry in hot grease and sprinkle with sugar as you take them up.

—Mrs. J. A. McEachin

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INVALIDS DISHES

BARLEY WATER

Two tablespoonful pearl barley, two quarts cold water. After washing barley let soak several hours in cold water, then boil slowly in same water for two hours or until reduced to about half the original quanity.

Lemon juice and sugar or salt to taste may be added if desired.

PINEAPPLE JUICE

Select a very ripe, fresh pineapple and after peeling, cut into small bits and put into lemon squeezer or fruit press to extract all juice. Strain and serve with crushed ice.

ALBUMINIZED ORANGE

One egg white, juice one orange, sugar to taste. Beat the egg white until stiff, add sugar and orange juice. If you will chill it will more likely be acceptable to the patient.

BEEF TEA

Put one pound good lean beef through meat chopper or chip fine in some other way. Place in fruit jar with about one cup cold water and a dash of salt. Place the jar in boiler of cold water on stove and allow to cook in this way about two hours. Strain the juice and serve hot or cold. Fine for giving strength to weak patients.

SPANISH CREAM

Two cups sweet milk scalded, yolks four eggs, one-fourth cup sugar, one tablespoon gelatine, one-fourth cup cold water, one teaspoon any desired flavoring, one-half pint cream. Cream the sugar and yolks together and add to the boiling milk very slowly, stirring constantly to prevent burning. Pour this mixture over the gelatine which has been soaking in the cold water about five minutes. Add flavoring and the egg whites which have been beaten to a stiff froth and chill add lastly, just before serving the cream which has been whipped to cream. In case of a very delicate patient it would be better to omit the cream.

GLUTTEN MUFFINS

Two cups gluten flour, two teaspoons baking powder, sifted together, one whole egg, heaping tablespoon butter, two cups milk. Beat the egg well, add butter and milk and lastly the flour. Beat thoroughly and bake in greased muffin rings about thirty minutes.

PARTY HINTS

MRS. T. E. HENDERSON

PISTACHIO ICE-CREAM

2 cupfuls scalded milk
1 tablespoonful flour
1 cupful sugar
1 tablespoonful vanilla
1 egg
1-8 teaspoonful salt
1 quart thin milk
1 teaspoon almond

Mix flour, sugar and salt; add egg slightly beaten, and milk gradually. Cook as soft custard. When cool add cream and flavoring; strain and color green with vegetable coloring. Freeze.

TOPAZ ICE

1 can apricots
1 cupful sugar
2 cupfuls water
2 cupfuls ginger ale
Juice of 2 lemons

Rub the apricots through a coarse seive, make a sirup of the water and sugar; boil 10 minutes. Cool, add the other ingredients and freeze. Garnish with candied orange peel if desired. A pretty desert for a yellow party.

VIOLET ICE

2 cupfuls grape juice.
4 cupfuls water
Juice of 2 lemons
2 cupfuls sugar
1-2 ounce citron cut very fine.

Make a syrup of the water and sugar and boil 10 minutes. Cool, add the other ingredients and freeze. Grape jelly may be used and part of the sugar omited. Melt the jelly and add to the hot syrup. Very pretty for a tea party.

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FROZEN CRANBERRIES

4 cupfuls cranberries
2 cupfuls sugar
2 cupfuls boiling water

Pour the water over the sugar, add the berries and cook ten minutes, cool. Put into a mold, cover tightly and pack in ice and salt for 4 hours. If preferred, the mixture may be strained before cooling. It may be frozen in a freezer by occasionally scraping the mixture from the sides and not turning it. Use equal parts of the ice and salt for packing.

ANGEL PARFAIT

1 cupful sugar
1-2 cupful water
1 tablespoonful vanilla
White of 3 eggs
1 pint of cream

Boil the sugar and water until it spins a thread. Beat the whites of the eggs until stiff, letting the sugar cool while you do the beating. Pour the syrup slowly into the whites, stirring all the time. Beat until the mixture is cool, add the cream and vanilla and freeze.

Unusual Delights At Tea

SWEET PASTRY

2 cupfuls flour
1-2 cupful brown sugar
3-4 cupful fat (butter preferred)
1-4 teaspoonful salt

Mix the flour and sugar. Cut in the fat, very fine. Roll on a floured pastry-board until the dough is about 1-4 inch thick; cut out with fancy cutters. Bake in a slow oven. Brush or mark with beaten yolk of egg mixed with 3-4 teaspoonful water just before the pastries are done.

CHOCOLATES

Use the above mixture or a recipe for pastry. Cut one piece with a round cutter an dthen one the same size with a doughnut cutter. Bake and put together with chocolate frosting. Cover with the frosting putting a little in the center. Sprinkle with nuts.

CHEESE BISCUIT

2 cupfuls flour
1-2 teaspoonful salt
2-3 cupful milk
Yolk of 1 egg
4 teaspoonfuls baking-powder
2 teaspoonfuls butter
1-2 cupful grated cheese

Mix and sift in dry ingredients, and cut in fat; add to the milk and pour slowly into the dry ingredients. Roll out 1-4 inch thick on a floured board. Place one of the biscuit on a baking-sheet and cover it with a thin layer of the cheese; place another on the top and sprinkle a little of the cheese on that. Bake in a quick oven. If the egg yolk is large, less milk may be used.

COFFEE BISCUIT

2 cupfuls flour
1-2 teaspoonful salt
3 teaspoonfuls sugar
1-2 cupful raisins
2-3 cupful strong coffee
4 teaspoonfuls baking-powder
3 tablespoonfuls fat

Mix and sift in dry ingredients, cut in fat; add raisins and coffee. Roll out and cut into biscuit, brush over top with milk and bake in a hot oven about 15 minutes.

The prepared coffees on the market make excellent coffee for this recipe.

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Sandwiches filled with currant jelly.
Cocoa
Animal cookies
Basket ice-cream
Lollypops

No. II.

Creamed Chicken
White and brown bread sandwiches
Stick Candy
Orange ice cream
Fancy cakes

NO. III.

Rasberry shrub
Honey sandwiches of graham and white bread
Chocolate charlotte
Molasses chips
Catawba grape juice
Sponge cake

NO. IV.

Cold chicken and tongue
Date and fig sandwiches
Cocoa with marshmellow
Caramel ice-cream
Oat macaroons
Little cakes
Baking-powder biscuits
Barley sugar and chocolate animals

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